Lent 2026 in our Parish Family

ST. JAMES CATHEDRAL | IMMACULATE CONCEPTION | CHRIST OUR HOPE

LENT MASSES The Sunday and weekday Masses of Lent are the ideal way to grow closer to the Lord Jesus. The scriptural readings are particularly rich in their ability to inspire and challenge.

Weekday Masses:

- *Cathedral*: M, T, W, Th, F, Sat 8:00am
  M, W, F 12:10pm
- *Christ Our Hope*: T, Th 12:10pm; W 7:00am

Sunday Masses:

- *Cathedral*: 5:30pm Sat, Sun 8, 10, 12, 5:30pm
- *Immaculate Conception*: 11am
- *Christ Our Hope:* 9am, 5pm (Spanish), 7pm

THE STATIONS OF THE CROSS are a wonderful Lenten tradition in the Church. There are many opportunities to pray the Stations during Lent:

- *Cathedral*: Mondays after the 12:10pm Mass, Fridays after the 8:00am Mass. On March 22, Cathedral youth will lead the Stations of the Cross following the Noon Mass.
- *Immaculate Conception*: Fridays during Lent, Stations are prayed at 6:00pm, followed by a soup supper. On Friday, March 27, all are invited to experience Immaculate's "Living Stations."

CHRIST OUR HOPE: WEEKLY SOUP SUPPER AND LENTEN PRACTICE Each Wednesday of Lent, all are invited to Christ Our Hope to share in a simple supper and explore the Lenten practices of prayer, fasting, and almsgiving. Supper at 5:15pm, followed by a presentation or prayer at 6:00pm:

- February 25 *Stations of the Cross (bilingual)*
- March 4 *Retreat with Father Chanda*
- March 11 *Taizé (multi lingual)*
- March 18 *Supper with Josephinum Residents*
- March 25 *Eucharistic Adoration (bilingual)*

LENT RETREAT: REND YOUR HEARTS... BE MERCIFUL! Please join with sisters and brothers from our parish family for an afternoon of reflection as we begin our Lenten pilgrimage. We gather **Sunday, February 22**, from 1:30pm-4:00pm in the Cathedral's Pastoral Outreach Center. Come, find some quiet, time for prayerful reflection with Lenten scriptures and stories of our lives and our world. We will finish in time for Vespers in the Cathedral at 4:00pm. Patty Repikoff, facilitator.

LENTEN SMALL GROUP REFLECTION We gather at Christ Our Hope on Wednesdays of Lent to explore Pope Leo's encyclical on love for the poor, *Dilexi Te*. **Wednesdays, February 25**, March 4, 11, 18, and 25, from 11:00 am – 12:00 pm Deanna Tighe, facilitator.

PRAYSEATTLE This Lent, the Cathedral is participating in PraySeattle, an ecumenical, citywide pilgrimage of prayer for the forty day of Lent. Each week, a different church hosts a prayer space, inviting you to pray for and with our city. Take home one of the beautiful "PRAY" booklets, which include reflections for each week of Lent, and all the details you'll need to make a pilgrimage to the different churches. The Cathedral is host of this citywide ecumenical Lenten initiative from March 15-21, with a special ecumenical Stations of the Cross on **Wednesday, March 18** at 6:30pm.

LENTEN GOSPEL REFLECTION SERIES You are invited this Lent to pray daily with Immaculate Conception, Christ Our Hope and St. James Cathedral. On Mondays, Wednesday and Fridays, you can receive a Gospel reflection written and read by a parishioner from one of the churches in our parish family. This is a wonderful tool to use during the holy season of Lent as we are called to be more mindful of how we pray. *Subscribe*, outreach@stjames-cathedral.org.

MENTAL HEALTH STATIONS OF THE CROSS Presented by the Mental Health and Wellness Ministry, Stations of the Cross with a focus on mental health concerns will be held after the 12:10pm Mass on **Friday, March 13**.

SACRAMENT OF RECONCILIATION This Lent, there are many opportunities to celebrate the sacrament of God's mercy. At the Cathedral, confessions are heard every Saturday 8:30-9:30am, and at Christ Our Hope, Tuesday and Thursday, 11:45 am; Wednesday 7:30am. Our family-wide celebration of the Sacrament of Penance will be **Saturday, March 14**, from 1:00pm-4:00pm at the Cathedral, with several confessors available.

BIBLE STUDY AT IMMACULATE CONCEPTION Lori Chisholm leads an 11-week study of the Psalms as The School of Prayer. Mondays beginning **March 16**, 6pm -7:30pm. Register using QR code!

THE RICE BOWL is a wonderful way to grow in solidarity with the millions in our world who lack the basic necessities of life. www.crsricebowl.org.

WARM HEARTS AND SOLES SOCK DRIVE is underway. Our goal is to collect 2,026 pairs of new socks for the homeless. Drop socks off in the Cathedral Chapel, Bookstore or Parish Office, or have them shipped to the parish office. New, black or white, men's crew-length athletic socks, please!

Journey of the Elect



JOURNEY OF THE ELECT Lent is a time of intensive prayer and preparation for our Catechumens, who are preparing for Baptism, Confirmation, and Eucharist at the Easter Vigil. This final period of purification and enlightenment, which, since the beginnings of the Church, has taken place during Lent, consists more of interior reflection than catechetical instruction. It is intended to purify the hearts and minds of the Elect as they search their own consciences and do penance. This period is also intended to enlighten their minds and hearts with a deeper knowledge of Christ the Savior.

Please pray for those to be baptized at the Easter Vigil:

Blake Alex ▪ Sam Berlin ▪ Bill Dahlem ▪ Dallana Fantauzzi ▪ Stuart Frost ▪ Maxine Martin ▪ Fernanda Michelle Sanchez Martinez• Rachel Zhang • Audrina Linscheid • Seohyeon Lee

Youth Elect:

Alexander Ballantyne ▪ Keira Ballantyne ▪ Philip Bob ▪ Oliver Burrell ▪ Hugo Ludena ▪ Aspen Spain

Please pray for our Elect each day during this season of Lent. As Easter draws near, you are invited to write a note telling our Elect of your prayerful support.

The following are some important moments in the journey of our Catechumens:

RITE OF ELECTION We begin a season of intensified preparation by celebrating the Rite of Election. Christ Our Hope participates in the Rite on Thursday, February 19, while the Elect from St. James Cathedral will participate on Saturday, February 21.On the basis of the testimony of sponsors and catechists, the Church judges the state of readiness of the Catechumens for baptism, and decides on their advancement toward the sacraments of initiation. This step is called "election" and is based on the Catechumens' election by God, in whose name the Church acts. From this point on, those preparing for Baptism are referred to as the Elect.

THE SCRUTINIES Lent began in the Church as a time of intense spiritual preparation and healing for the Elect. On the third, fourth and fifth Sundays of Lent, the Church pours out her most powerful prayers for deliverance from sin and evil during the Scrutiny Rites. These rites will take place on March 8, 15, and 22.

SATURDAY, APRIL 4, 8:30pm: THE EASTER VIGIL (at St. James Cathedral and Christ Our Hope) On this holiest of nights, we celebrate the sacraments of Baptism, Confirmation and Eucharist with our Elect. The Easter Vigil is the undisputed high point of the entire liturgical year, the "mother of all vigils," as St. Augustine called it.

Official Lenten Regulations

from the Archdiocese of Seattle

For this penitential season, the Church draws on the wisdom of the Scriptures and tradition in suggesting a time of intense prayer, fasting, and almsgiving.

Catholics in the United States are obliged to abstain on Ash Wednesday and on all Fridays during the season of Lent. Catholics are also obliged to fast on Ash Wednesday and Good Friday.

Ash Wednesday is February 18, 2026. Good Friday is April 3, 2025.

Fasting. On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk and juices, are permitted. **Abstinence**. On days of abstinence eating of meat is not allowed.

The obligation of fasting binds Catholics who are 18-59 years old. The obligation of abstinence applies to those 14 years and older. The law does not oblige when health or ability to work would be seriously affected.

Musical Prayer at the Cathedral

Jan Kraybill
FEATS FOR THE FEET
Friday, February 27 at 7:30pm



"Feats for the Feet" opens with a piece for feet, "Pedal exertitium" (BWV 598) originally attributed to J. S. Bach but now believed to have been composed by his son, Carl Philipp Emmanuel Bach. Next is Johann Sebastian Bach's *Prelude and Fugue in D Major*, BWV 532, which opens with a big D major scale played by the feet. The rest of the program keeps the feet dancing in various ways – by playing melodies, manipulating controls for dynamics, and other techniques. The concert closes with a real "feat," Leo Sowerby's "Pageant," which features the feet in amazing and virtuosic ways. Other composers on the program include Gustav Holst, Edward Elgar, and Charles Stanford.

Cathedral Cantorei and Chamber Orchestra
ARVO PÄRT'S *PASSIO*
Saturday, March 7 at 8:00pm

This unique and meditative setting of the St. John Passion is a pinnacle of Arvo Pärt's tintinnabuli compositional style. Sung in Latin, the work is scored for solo baritone (Jesus), solo tenor (Pilate), solo vocal quartet (Evangelist), choir, violin, oboe, cello, bassoon, and organ. The harmonies, though stark and minimalist, are deeply moving. Pärt once commented, "I could compare my music to white light which contains all colors. Only a prism can divide the colors and make them appear; this prism could be the spirit of the listener." Tickets ($0-$22) and more information at https://www.stjames-cathedral.org/music/concerts.

Tenebrae Choir
PATH OF MIRACLES
Tuesday, March 10 at 7:30pm

A pilgrimage in composition, *Path of Miracles* is a journey, as the four movement titles (Roncesvalles, Burgos, León, and Santiago) are the four main posts along the Camino de Santiago (the Way of St. James), a network of pilgrims' ways that lead to the shrine of our patron saint, the Apostle James the Greater, in the Cathedral of Santiago de Compostela in Galicia in northwestern Spain. Using selections from the medieval texts *Codex Calixtinus* and *Miragres de Santiago*, and from Roman Catholic liturgy, Path of Miracles incorporates musical styles from the Taiwanese Bunun people to the pilgrims' hymn *Dum Pater Familias*, and is sung in Greek, Latin, Spanish, Basque, French, English and German. Tenebrae, conducted by Nigel Short, is one of Britain's and the world's leading vocal ensembles, renowned for its passion and precision. Tickets ($0-$50) & more information at https://www.stjames-cathedral.org/music/concerts

OPUS 7
BLESSED: SACRED WORKS BY BERN HERBOLSHEIMER
Saturday, March 14 at 8:00pm

Opus 7 performs powerful and beautiful sacred works by Bern Herbolsheimer, one of the Pacific Northwest's most prolific and talented composers. We remember this remarkable artist on the 10th anniversary of his untimely passing. Born in Montana, Bern resided in Seattle for over 40 years. He taught at the University of Washington and Cornish College of the Arts, influencing students for decades. His music has been performed nationally and internationally, finding specific relevance with performing ensembles in the Seattle area. Opus 7 is privileged to perform some of Herbolsheimer's greatest sacred choral masterpieces for Lent. Tickets ($15-$50, youth under 18 free) and information at https://opus7.org/event/blessed-2/. A limited number of pay-as-able parishioner passes are available through the Cathedral music office.

THE OFFICE OF TENEBRAE
Wednesday, April 1 at 7:00pm

The name *Tenebræ* (the Latin word for "shadows") was originally given to the ancient monastic services of matins (celebrated after midnight) and lauds (celebrated at dawn) of the last three days of Holy Week. The Cathedral Cantorei will sing Tallis' setting of the *Lamentations of Jeremiah* and the sublime *Miserere mei, Deus* by Gregorio Allegri, as well as plainchant psalmody. Father Michael G. Ryan, presider.

TRE ORE
Friday, April 3 from 12pm-3pm

We observe the traditional Good Friday devotion of Tre Ore ("Three Hours") in which we remember the last words of Christ proclaimed from the cross. These brief exclamations from Jesus alternate with movements from Scarlatti's *Stabat Mater* and meditations by Father Stephen Rowan on the Seven Last Words of Christ. *Stabat Mater* is sung by the women of the Cathedral Cantorei with the Cathedral Chamber Orchestra, conducted by Joseph Adam.